# LEFT OVERS

OR

## Economy in the Kitchen

PUBLISHED BY
C. I. HOOD & CO.
PROPRIETORS
HOOD'S
Sarsaparilla
LOWELL,
MASS.

*Compliments of*
MORRISON, THE DRUGGIST,
*Meredith, N. H.*

*Rev. James P. Stone*
Of Lower Cabot, Vt., formerly of Dalton, N. H.

## Pastor and People

### Hood's Sarsaparilla Earnestly Recommended.

The relations between a faithful pastor and his people are much more intimate in the smaller towns than in large cities. The people look to the pastor for advice in temporal as well as in spiritual matters and in cases of bodily ailments and sickness he is especially consulted. The following is from a clergyman who has long been influential in New England, having held important pastorates. He is now retired from active labor and spending well earned rest in the beautiful town of Cabot, Vermont.

"C. I. Hood & Co., Lowell, Mass.:

"We have used Hood's Sarsaparilla in our family for many years past, with great benefit. We have, with confidence, recommended it to others for their various ailments, almost all of whom have certified that they have been greatly benefited by its use. We can HONESTLY AND CHEERFULLY RECOMMEND IT as the

***Best Blood Purifier We Have Ever Tried.***

We have used others, but none with the beneficial effects of Hood's. Also, we deem Hood's Pills and Olive Ointment invaluable. Mrs. Stone says she cannot do without them." REV. JAMES P. STONE, Lower Cabot, Vt.

### *AFTER THE GRIP.*

***No Strength, No Appetite.***

"During the prevalence of the grip, a few months ago, I was one of the favored ones to have it severely. It left me in bad shape; no strength, no appetite, generally used up, and with a bad cough. I had heard what Hood's Sarsaparilla had done for others in similar cases, and decided to give it a trial, and I have seen no reason to regret my choice. I began to improve at once, and now, after taking three bottles, consider that I am as well as ever I was in my life. It is most surely a good medicine and worthy the confidence of the sufferer." LEVI R. WHITE, Mosely & Stoddard's Mfg. Co., Rutland, Vt.

### *AFTER TYPHOID.*

***Weak and in Bad Condition.***

"My little boy had the typhoid fever, which left him in bad condition, and we have had to keep him out of school a good deal, he was so poorly. I thought I would give him Hood's Sarsaparilla. The first bottle did him great good, and continuing with the medicine, he has improved in every way and does not seem like the same child. Has a good appetite, and is growing as rugged as ever, in fact more so. My husband has suffered badly from dyspepsia and he began taking Hood's Sarsaparilla. He never complains now and can eat almost anything without hurting him. I think it a very nice preparation." MRS. CHARLES CHANDLER, Hopkinton, N. H.

***The Above,***

And hundreds of similar letters, prove conclusively that for a good tonic after the Grip, Pneumonia, Typhoid Fever, or other diseases, or for that tired feeling, whatever may be the cause, Hood's Sarsaparilla is unequalled. It makes the weak strong. Read the statements on page 3 of this cover, and also in book.

lol7me

QT 235
191 *
22 5014 3508

7128

# LEFT OVERS

OR

## Economy in the Kitchen.*

### Introduction.

We take great satisfaction in presenting this little book to the housekeepers of America, because we believe it will really fill "a long-felt want." Among the numerous cook books, collections of receipts, etc., we know of none which tells how to utilize the odds and ends which so often accumulate, and which it seems wasteful to throw away. Therefore, we consider this book on "Left Overs" as valuable to the housekeeper as any of the publications relating to the art of cooking we have thus far published. It has been prepared for us by the author of our successful book on "Good Bread," over 5,000,000 copies of which have been distributed. Great care has been taken to make the book thoroughly practical, and the instructions perfectly plain to the most inexperienced. Every receipt has been thoroughly tested. And we venture to say, without egotism, that our efforts to issue the most useful books are simply in keeping with our policy of producing in Hood's Sarsaparilla the most valuable medicine ever placed before the public. We commend "Left Overs" to your attention and use, and we also commend to your reading the statements here given from people who have taken Hood's Sarsaparilla, and ask you if you need a good medicine that you will give Hood's Sarsaparilla a trial.

Very truly yours,

C. I. HOOD & CO.

---

It is desirable for every housekeeper to know how to use the small portions of food that may be left over from the daily meals. The amount of food needed can seldom be estimated with such exactness that all will be used. No matter how carefully we may plan the meals, our appetites will vary, tastes differ, and unforeseen happenings upset our calculations. Unless we use up and make over from day to day, we may be confronted with a larder full of spoiled food.

A common way of disposing of remnants is to turn everything into the garbage pail after each meal, reasoning that because there is not enough for all, no one shall have any. When the food is suitable for dogs, cats, or poultry, and will save the buying of material expressly for them, it may be wiser sometimes to dispose of small "left overs" in this manner, rather than to add new material to the old, thereby making perhaps a doubtful combination that in its turn may have to be classed as a "left over." In this case we lose not only the old and the new material, but the time taken in preparing the made-over dish.

A better way would be for every housekeeper to see how far the cooked food left over will go towards the next meal, before she decides what new material to buy at the market or grocery. If this plan were followed, the question of "What shall we have for breakfast, or dinner?" would be more easily answered.

In many instances it will be more economical to use the "left over" without any additional material, and this can be done by taking a little pains to serve it in an attractive manner. Even if there be but enough for one or two persons, there will be some one who will relish the remnant. So put it on the table at the next meal, or as soon as it will answer, even if company be present. This suggestion does not apply to an occasion where you have specially invited guests, for a single meal. But where your friends are to spend some

*Copyrighted by C. I. HOOD & CO., Proprietors Hood's Sarsaparilla, Lowell, Mass. 1891.

Wellcome Library

time with you, there can be no objection to a second appearance of the same dish. Saving in this way is not mean or niggardly; it is just and commendable. No matter how large our income may be, it is wrong to throw away or waste any food material that can be made to serve some good purpose.

The following suggestions are based on economical methods of utilizing odds and ends of cooked and uncooked food.

As so many "left overs" require the addition of a sauce or gravy to make them appetizing, we will first give explicit directions for making White, Brown and Tomato Sauces. These are the foundations for other sauces, and the art of making them perfectly is the secret of success in many made-over dishes.

### *White Sauce for Toast, Eggs, Vegetables, Fish, or Meat.*

Melt one tablespoonful of butter in a granite sauce pan. When bubbling stir in quickly one heaping tablespoonful of flour, or a little less of cornstarch. Add gradually one cup of hot milk, or cream, or white stock. Stir constantly as it thickens. For toast, add salt only; for vegetables, add salt and pepper; and for fish or meat, season to taste with onion, parsley, cayenne, curry, mustard, celery, lemon juice, capers or mushrooms. To make the sauce richer, stir in as it is taken from the fire a beaten yolk of egg, or two hard boiled eggs chopped or grated. Use cornstarch or double the amount of flour when you wish a very thick sauce, for croquettes.

### *Brown Sauce or Gravy, for warming over Meat.*

In nearly every case one can have stock to use in making this gravy, for should there be none of the usual stock made expressly for soups, one can stew the bones and trimmings of meat in water to cover, till the richness is all extracted, and then strain out the scraps and use the liquor. Water in which the best portions of meat have been stewed —see directions for Meat Stew, page 13, makes a good stock for this purpose.

Brown one tablespoonful of butter in the frying pan, and cook in it one table-


## Our Claims

**For Hood's Sarsaparilla and What They Are Based Upon.**

Have you ever noticed how when a brass band passes through a street it attracts a crowd for a short time, but in a few minutes it has gone, everyone has returned to his work, and the incident is forgotten?

Why, certainly.

Well, that reminds us of some preparations which are pushed forward occasionally by inexperienced men, who think that loud claims and absurd guarantees will completely capture the public.

But the people are not fools. They may be deceived once, but never twice by the same article. They quickly discriminate between the worthless and the meritorious, drop the former and retain the latter.

This is the explanation of the great success won by Hood's Sarsaparilla. From the very beginning it has been one of the cardinal principles of our business to make no claim for the medicine which could not be backed up in absolutely conclusive manner. We have spared no pains or effort or expense to produce in Hood's Sarsaparilla a medicine of superlative merit, and that it does possess this merit is shown by the remarkable results which have followed its use.

We are aware that some people regard with suspicion published testimonials, but we believe that this feeling is rapidly giving way as investigation proves the perfect truth of the statements. We have never allowed the slightest fiction to creep into our testimonials, and court the closest inquiry into all the certificates which appear anywhere on behalf of Hood's Sarsaparilla.

The watchwords of Hood's Sarsaparilla have been and will continue to be

First: Merit.
Second: MERIT.
Third: MERIT.
Fourth: Let the people know it.

☞ If you wish information about any complaints not mentioned in this book, write to C. I. Hood & Co., Lowell, Mass.

## Scrofula Humor

**Nearly Blighted the Life of Mr. Frederick's Child — Hood's Sarsaparilla Gave Perfect Health.**

For Scrofula, Salt Rheum, and all other diseases of the blood, Hood's Sarsaparilla is absolutely unequalled. Read this:

"We are so thankful to Hood's Sarsaparilla for what it did for our little girl that we make this statement for the benefit of other anxious parents and

***Suffering Children.***

Our girl was a beautiful baby, fair and plump and healthy. But when she was two years old sores broke out behind her ears and spread rapidly over her head and forehead down to her eyes, and into her neck. We consulted one of the best physicians in Brooklyn, but nothing did her any good. The doctors said it was caused by a scrofula humor in the blood. Her head became one complete sore, offensive to the smell and dreadful to look at. Her general health waned and she would lay in a large chair all day without any life or energy. The sores caused great itching and burning, so that at times we had to restrain her hands to prevent scratching. For 3 years she suffered fearfully with

***This Terrible Humor,***

and we concluded we must try some other medicine. We were urged to give her Hood's Sarsaparilla and began to try it. We soon noticed that she had more life and appetite. The medicine seemed to drive out more of the humor for a short time, but it soon began to subside, the itching and burning ceased, and in a few months her head became entirely clear of the sore. She is now

***Perfectly Well,***

has no evidence of the humor, and her skin is clear and healthy. She seems like an entirely different child, in health and general appearance, from what she was before taking Hood's Sarsaparilla." I. W. FREDERICK, 311 Glenmore Ave., East New York, Brooklyn, N. Y.


spoonful of minced onion, if you like. Stir in one heaping tablespoonful of flour and add gradually one cup of the stock, or meat liquor. Add salt and pepper to taste (about half teaspoonful of salt and half saltspoonful of pepper); the amount will depend upon how much the meat was seasoned in the first cooking. Season also with lemon juice, Worcestershire sauce, cayenne, mustard, capers, chopped pickles, or mushrooms, according to the kind of meat. Mix with this any platter or made gravy that may be left over.

***Tomato Sauce.***

Fry one tablespoonful of minced onion in one tablespoonful of butter, stir in one tablespoonful of flour, and add gradually one cup of strained tomato. When it is thickened add half teaspoonful of salt and half saltspoonful of pepper. Strain it to remove the onion if you choose.

***Bread.***

The amount of bread wasted or thrown away is greater than any other article of food. This is unnecessary, and may be prevented by observing these details:

Always make bread so good that it can be eaten and relished. Follow the rules in our manual of "Good Bread.*" Take especial care that every loaf be perfect.

Do not bake it until the last is nearly gone, and use the old before cutting into the new loaf. Bake often and in quantities proportioned to your family, especially in hot, damp weather.

Cut less than will be used, rather than more, or serve from the loaf at the table.

Should any slices be "left over" tha will answer to serve again, put them together carefully and either wrap them in paraffine paper, or put them in a covered dish, instead of tossing them carelessly into the bread jar. If you know that they will not be used for toast within 24 hours, be sure that they are used at the next meal before you cut fresh slices.

Bread that is sour, or so poor that it cannot be relished in its first state, is not worth wasting time or other materials over in the endeavor to make it palatable in some other form. Better throw it out at once, and be more careful next time.

*"Good Bread" will be sent for 2c. stamp by C. I. Hood & Co., Lowell, Mass.

### *Dried Bread Crumbs.*

Put all the crumbs made when cutting the bread, and those left on the bread plate, together with any broken pieces not suitable for toast, and any crusts or trimmings of toast, into a pan, and keep it in the hot closet or a moderate oven until thoroughly dried and crisp. Do not brown them, merely let them dry. Roll them on an old bread board, sift through a gravy strainer, and put the sifted crumbs in a glass jar.

If the coarse crumbs left in the strainer are larger than pearl tapioca, roll them once more, then keep them separate from the finer crumbs. They will be all ready to brown in butter and use for garnishing roast duck, creamed oysters, and other dishes where the effect of a browned crust is desired, without actual frying or browning in the oven.

These crumbs will not keep indefinitely, because it is impossible to keep them air tight after the jar has been opened. They will not mould, but will smell musty and rancid after a time; therefore use them as soon as possible in some of the many ways in which they are suitable. Do not let them accumulate unless you are sure you will have a use for them.

When these crumbs are carefully prepared they are nice soaked in milk, as a substitute for cracker or bread, for the Sunday night supper. Fine dried crumbs may be used for covering anything which is to be dipped in egg and crumbs and then fried—cutlets, croquettes, fish, etc. But as they absorb a great deal of milk they are not to be used for griddle cakes, bread puddings, or scalloped dishes.

### *Stale Bread Crumbs.*

These are made from the odds and ends of stale bread, that have not been dried, and may be crumbled finely or grated on a coarse grater. They should be used immediately, and are suitable for stuffing meat, fish, or poultry, for brewis, bread sauce, bread griddle cakes, bread puddings, berry charlottes, and wherever bread is to be used as a thickening material, or to unite other substances, as in scalloped tomatoes and moulds of minced meat.


# In Despair

**Amputation or Death Seemed Certain — Another Triumph for Hood's Sarsaparilla.**

The external veins on the lower limbs sometimes become congested and enlarged, and are called "varicose." If the blood is not soon restored to active circulation, or if it contains impurities, inflammation sets in, followed by

***Fearful Running Sores.***

Relief from the awful misery of this condition is earnestly sought but hard to find. By restoring the blood to active and natural circulation, and ridding it of impurities, Hood's Sarsaparilla cures such troubles when the best medical skill fails. Read the following from a lady in West Stockbridge, Mass., whose statement is confirmed by well-known and popular druggists:

***"Thirty Years Ago,***

When I was about 40 years of age, a varicose vein in my left leg burst and became an ulcerated sore. In spite of all treatment by physicians it spread until my leg from my knee down was one running sore.

***Three Years Ago***

It was so bad there seemed to be only choice of amputation or death, with the probability of the latter in choosing the former. The treatment of prominent physicians only seemed to aggravate the trouble. *The pain was maddening.* The flesh hung in shreds and bunches. Blood flowed from it so as to stand in little pools on the floor if sitting in my chair, or the bed in lying down.

***I Could Not Walk a Step.***

I could sleep but little from the misery I was in. At this time, when hope was completely gone, some friend suggested Hood's Sarsaparilla. I had not taken it two days before I felt better. The pain ceased, and I could sleep in peace.

***Oh, How I Thanked God***

for blessed relief. I kept on taking it and also used Hood's Olive Ointment. I would not believe it possible that any-

thing in this world would ever have done so much for me, and as I look back to-day I cannot seem to realize how I suffered. I cannot count up the number of medicines I had used, both internally and externally, and the money I had spent in attempts to cure, for naught.

### *At the End of a Year*

It had all but healed, and I can now walk around and suffer but little or no pain. I thought I would stop taking the medicine. This I now regret. There is a small sore yet but so small is it in comparison with what it was that I consider it nothing and am satisfied that Hood's Sarsaparilla will effect a complete cure." MRS. MARY E. WEBSTER, Rockdale Mill, West Stockbridge, Mass.

### *The Above Is Correct.*

"We have known Mrs. Webster several years and know that what she states in regard to Hood's Sarsaparilla is correct in every particular. We have sold her during the past 3 years quite a number of bottles of it and have often heard her speak in terms of commendation of it." M. A. LENNON & Co., Druggists, Central Block, Housatonic, Mass.

## From Head to Feet

### Baby Boy Was Covered With Salt Rheum.

"When my baby boy was two years old he was covered from head to feet with salt rheum, which began when he was two weeks old, and increased in spite of all that could be done.

### *We Were Discouraged.*

The doctors said it would disappear when he was seven years old. I happened to be taking Hood's Sarsaparilla myself and thought I would give it to the child. At that time he did not have a hair on his head, and it was covered with a crust. The poor child's sufferings were awful. In two weeks after giving him Hood's Sarsaparilla the scabs began to fall off, and in six weeks he was entirely cured of the sores. He is now the healthiest child we have." FRANK I. RICKSON, Pittsfield, Mass.

### *Slices of Stale Bread.*

These may be cut into half-inch cubes and browned in the oven or fried in hot deep fat, and served as *croûtons* in soups.

Whole slices may be dipped in beaten egg and milk (one egg to one cup and four slices), and browned in hot butter, and served as egg toast, or with a sweet sauce for dessert.

Other slices may be toasted and used as dry, water, milk, or cream toast; or they may be served as a basis for dropped eggs, asparagus, minced meat, birds, fricassees, etc.; or be cut into squares or fancy shapes and used for garnishing.

### *Steamed Bread.*

Rolls, biscuit, and unbroken slices of stale white or brown bread are much improved by steaming, if done properly.

Arrange them in the middle of a large covered steamer, (one having holes all over the bottom, and that fits tightly over a kettle of boiling water,) cover and steam until heated through, about five minutes. Spread each slice with butter, lay them on a napkin and serve at once, or make a white sauce as for toast and pour over the hot bread.

### *Brewis.*

Take one part white bread and three parts dry brown bread, and break it into small pieces. Melt one tablespoonful of butter in a frying pan, add the bread and milk enough to cover, one pint or more. Let it soak awhile on the back of the stove, then chop the bread and when it is all softened draw it forward where the milk will simmer until all absorbed. Add salt to taste and tablespoonful of butter.

### *Toast.*

Cut stale bread into third or quarter inch slices, remove the crusts if you prefer, arrange the slices evenly on a fine wire broiler, and expose each side at some distance over bright coals until dried through, then color it a delicate golden brown. Serve it immediately, dry, or spread with butter, or dipped in hot salted water and then buttered all over, or dipped in hot milk and butter boiled together, or dipped in hot milk and served with thickened milk or cream made as directed for white sauce.

### *Rice, Hominy, and Oatmeal.*

"Left Overs" of cold boiled rice may be used as thickening for tomato soup, mutton and chicken broth, or made into boiled or baked custard, griddle cakes and muffins, or to bind together the other materials in croquettes and scalloped meat. Take Hood's Sarsaparilla.

### *Rice or Hominy Griddle Cakes or Muffins.*

1 cup sweet or sour milk; 1 cup cold rice or fine hominy; 1-2 teaspoonful salt; 1 teaspoonful baking powder; 1 egg; 1 teaspoonful melted butter; flour to make thin batter;

Heat the rice or hominy over hot water and moisten it gradually with the milk until there are no lumps. Add the salt and baking powder, and if sour milk be used, add also one half teaspoonful soda. Stir in the beaten yolk of egg, then the butter, and flour, and lastly the whites beaten stiff.

If you use a little more flour they may be baked as waffles, and if you add enough to make a drop batter, they may be baked in hot gem pans. For dyspepsia take Hood's Sarsaparilla.

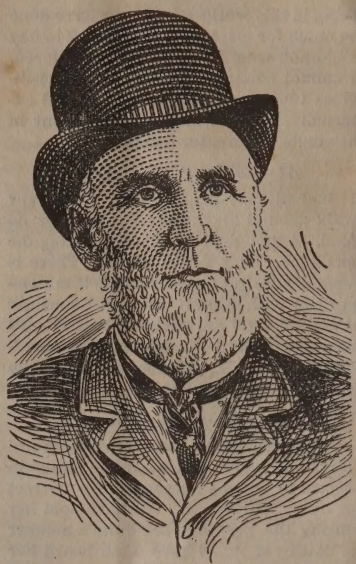
### *Remnants of Jellies, Preserves, Sauces, Etc.,*

May be utilized in tarts, or in mince meat for pies, or in fruit tapioca pudding, bread pudding, or in trifle, flummery, etc.

### *Fruit Tapioca Pudding.*

Put three quarters cup of pearl tapioca and half a teaspoonful of salt in the double boiler. Pour on one quart of boiling water. Stir it often and cook over boiling water about an hour, or until soft. Add three tablespoonfuls of sugar and one cup of jelly or preserves. The amount of sugar will vary with the amount of sugar in the preserves. Apple sauce, stewed prunes, stewed rhubarb, or any mixture of remnants of fruits may be used. Add the juice of a lemon if the mixture lacks flavor.

This may be moulded and served cold, or after the fruit is added bake it twenty minutes and serve it hot. If uncooked fruit be used bake it until the fruit is tender. Cream is the best sauce for it. Have you ever taken Hood's Sarsaparilla?

## Mr. J. B. Emerton

**How He Was Relieved of Dyspepsia and Liver Troubles.**

Few citizens of Auburn, Me., are better known than Mr. J. B. Emerton, who is an extensive wholesale and retail dealer in tobacco and cigars. He says:

"I have always considered myself a well man until about 5 years ago, when I began to suffer at times with

***Severe Pains in my Stomach.***

At first I paid little attention to it, but gradually grew worse until I felt obliged to do something. I began taking Hood's Sarsaparilla, being fully convinced that I was troubled with some form of dyspepsia complicated with liver and kidney troubles. I improved at once, and the medicine soon made me feel much better and more like working. I fully need Hood's Sarsaparilla as essential to my comfort. It never fails to afford relief. It is a God-send to any one suffering as I did." J. B. EMERTON, Auburn, Me.

# Two Things

**In Regard to Catarrh:**

1st, It is a constitutional disease.

2d, It requires a constitutional remedy.

These two facts are now so well known to the medical fraternity that local applications, like snuffs and inhalants, are regarded as at best likely to give only temporary relief. To effect a permanent cure of catarrh requires a constitutional remedy like Hood's Sarsaparilla, which by purifying the blood and imparting healthy tone to the affected organs, does give thorough and lasting cure.

Read the following, from Mr. P. B. Stout, a well-known merchant and lumberman of Sheridan, Indiana:

"I want to say for the benefit of suffering humanity, that

***Hood's Sarsaparilla is a Permanent Cure for Catarrh.***

After suffering with catarrh in my head for a number of years, and using every obtainable remedy, I was requested by our druggist, Mr. C. E. Elliott, to take Hood's Sarsaparilla. I did so, and after using three or four bottles I am healed of the most annoying disease the human system is heir to." P. B. STOUT.

***An "A No. 1" Man.***

"The above testimonial is from an A No. 1 man of wealth and influence." C. E. ELLIOTT, druggist, Sheridan, Ind.

***To All Who Have Catarrh.***

"A sense of gratitude and a desire to benefit those afflicted, prompts me to recommend Hood's Sarsaparilla to all who have catarrh. For many years I was troubled with catarrh and indigestion and general debility. I got so low I could not get around the house. I tried about everything I heard of for catarrh, but in vain, and became very much discouraged. At last I learned that Hood's Sarsaparilla was good for catarrh. After taking one bottle I began to get relief. I have now used, within two years, 10 or 12 bottles and I feel better than for years. My improvement is wholly due to Hood's Sarsaparilla." MRS. CHAS. RHINE, Cor. York and Pleasant Sts., Hanover, Pa.


***Milk.***

Sometimes housekeepers are puzzled to know how to utilize milk before it becomes sour. In cold weather the accumulation of several days will be found sweet and good, and even if skimmed answers for many things, like poor man's pudding, corn meal pudding, tapioca pudding, soups, chowders, blanc mange, white sauce, milk toast, etc. But it is not desirable for custards, coffee, or chocolate, unless you have cream to add.

Sour milk should be used as soon as it is thick, if possible, for it is less acid then, and the curd is in the best condition to use before it separates from the whey. It makes delicious biscuit, gems, corncakes, shortcakes, rye muffins, doughnuts, gingerbread, griddle cakes, cookies and cake. When there is a quart or more it may be made into cottage cheese. Do you take Hood's Sarsaparilla ?

***Eggs.***

One is often puzzled to think of ways of using the whites or yolks of eggs left over when the other part has been used.

In making boiled custard, salad dressing, hollandaise sauce, egg and crumbing, and other dishes requiring only the yolks, plan to make at the same time either a white or snow cake, apple snow, charlotte russe, meringues for puddings or pies, French candies, pudding sauces, cream whips, frosting for cakes, maccaroons or cocoanut cakes, that will use up the whites.

Soft boiled eggs may be boiled again until hard, and the yolks mashed and seasoned and used in sandwiches, or served plain, or in meat and fish sauces, salads or soups; the whites may be put into the stock kettle. Dropped eggs, bits of omelet, and other cooked eggs may be used in egg sauce, or soup, or stuffing, or in made-over fish or meat dishes.

***Macaroni.***

Portions of plain boiled macaroni may be used in soups; macaroni cooked with cheese or tomato sauce may be used with meat as directed for scalloped meat, or may be re-warmed in a double boiler or quickly over the stove. If put into the oven it may become hard and dry. Take Hood's Sarsaparilla for that tired feeling.

### *Vegetables.*

Judgment should be used in disposing of the surplus cooked vegetables, for not all kinds can be utilized in the soup kettle, and some kinds are not improved by warming over. Where more is cooked than will probably be used, put butter with only part of it, as some vegetables, especially those used in summer, spoil more quickly if buttered.

*Summer squash* will sour before morning, and is not worth warming over. Winter squash can be made into pies, but should be used immediately.

*Sliced cucumbers* may be kept a few hours in ice water, but if wilted should not be used.

Whole leaves of *lettuce* will keep fresh and crisp in the ice chest for a few hours only. Take Hood's Sarsaparilla.

*Raw tomatoes*, after they have been scalded and peeled, spoil quickly, and they should be stewed directly after the meal, then they can be used in soups, gravies and made dishes.

*Potatoes, beets, peas,* and *string beans* may be served cold with a salad dressing. So also may *asparagus, spinach, cabbage, celery* and *cauliflower*, if they have not been served with white sauce.

*Green peas, shelled beans, string beans, stewed tomatoes* and *onions* if served again hot, should be warmed quickly, adding a little water if necessary to keep them from burning. Vegetables, like *cauliflower, celery, oyster plant, turnip* and *parsnip*, which have been served in white sauce, should be heated over hot water to avoid burning.

*Green corn* should be scored, scraped from the ear and warmed quickly in milk to cover, seasoned with salt and butter.

*Parsnips* are best fried in butter.

*Turnips, cabbage, beets, carrots* and *onions*, one or all, may be mixed with cold potatoes, chopped fine and cooked with butter or beef drippings in the frying pan,—a delicious vegetable hash.

The following varieties may be used in soups or stews, separately or in combination with others: *Potatoes, peas, asparagus, spinach, sweet corn, cauliflower, celery, carrots, tomatoes, onions, turnips* and *parsnips*. Hood's Sarsaparilla is peculiar to itself.


## Help or Die

**Nervous Dyspepsia—Despairing Condition of Mrs. Parham.**

"Four or five years ago I was suffering terribly from what the physicians called nervous dyspepsia. It was with great difficulty that I could keep anything on my stomach. I had doctored for three or four years but the medicines did me no good and I grew slowly but steadily worse. Sometimes I would have sick headache lasting as long as three days and nights, which caused me such agony that it seemed as if I had

***Rather Die Than Live.***

I was told to try Hood's Sarsaparilla. I had no faith, but as I was suffering terribly was willing to try anything. I was in such a condition that it seemed to me I must either have help or die. After I had taken the first bottle I felt certain that Hood's Sarsaparilla was helping me; after finishing the third bottle I was ever so much better; could eat things which I had not before for years. I continued until I had taken six bottles, when I felt

***Like a Different Person.***

I am not troubled with those terrible headaches and my stomach is all right. Only those who have suffered as I did can understand my gratitude to Hood's Sarsaparilla for the change it has made. Since then have taken a bottle or two of

***Hood's Sarsaparilla***

Every spring, I can not say enough in praise of Hood's Sarsaparilla and the good it has done for me." MARCIA E. PARHAM, Fond du Lac, Wis.

## A Walking Ghost

**Was What Mrs. Rumrill's Friends Called Her—La Grippe and Gastric Dyspepsia Cured.**

"For years I have had gastric dyspepsia, and in March, 1890, I had an attack of la grippe. I got into such a serious condition that I had fits, caused either by dys-

pepsia or nervous troubles, during which time I could not think collectedly or talk without forgetting what I was saying. I could not sleep, had no appetite, and people said I looked like a walking ghost, I was so pale. When I laid down I

***Could Not Breathe***

with any comfort. Something suggested to me to try Hood's Sarsaparilla. Before the first bottle was gone I had quite an appetite, which increased until I could eat well without any distress or disturbance afterward. I have taken six bottles, the color has come back to my face, I have no fits, can breathe well when lying down, and in short, call myself perfectly well. I am more than thankful for Hood's Sarsaparilla. I wish to say also that with three trade-marks from the wrappers of Hood's Sarsaparilla, I obtained

***Hood's Rainy Day Puzzle****,

and my children were more than delighted with it. There was nothing to do only to sit down and go to work, and they joyfully cried out 'O isn't this nice?'" MRS. SUSIE C. RUMRILL, Royalton, Vt.

## After La Grippe

**Typhoid Fever, Pneumonia,**

Diphtheria, scarlet fever, and other prostrating diseases, Hood's Sarsaparilla has been found of inestimable value in restoring the strength and vigor so much desired. It enriches and vitalizes the impoverished blood, gently tones the stomach and digestive organs, creates an appetite, and gives healthy tone to the whole system.

**"Six Weeks With La Grippe**

Was my sad experience early in 1891, and I was even then very weak and unable to work over a few hours. Being urged to take Hood's Sarsaparilla, I did so, and in 10 days I could work, sleep well, had a good appetite, and gained in health and strength." CHAS. ERSWELL, Toledo, Ohio.

*For information how to obtain Hood's Rainy Day Puzzle, see page 11.

*Sweet potatoes* may be browned in butter, or sliced, buttered, or sugared, and browned in the oven.

*Cooked potatoes* admit of such a variety of methods of re-serving that not a scrap ever need be wasted.

Left over portions of *mashed potatoes* should be packed closely in a cup or small bowl, directly after the meal, then cut in slices and browned in hot butter or salt pork fat.

Or they may be mixed with beaten egg made into balls and browned in the oven.

Or used as a crust for a small pie of warmed over meat, or fish.

***To Use Cold Boiled Potatoes.***

Cut them in slices and brown in hot fat.

Or stew in milk or cream with parsley.

Or cut in half inch cubes and warm them in milk to cover, seasoned with butter, salt, pepper and parsley.

Or fry a golden brown in butter in which a teaspoonful of minced onion has first been fried until yellow, then season with salt, pepper and parsley.

Or mix with half the amount of white sauce, season with chopped celery, or with crumbled cheese, cover with buttered cracker crumbs and bake until the crumbs are brown.

Or mix with sliced beet, yolks of hard eggs, parsley, onion, and lettuce, and served with French or boiled dressing. Hood's Sarsaparilla cures dyspepsia.

***Fish.***

Remnants of cooked fish should be freed from skin, bones and bits of pork, picked into flakes or small portions, and mixed with the sauce and stuffing. Then add either white, tomato, curry, or oyster sauce, using enough to make it quite moist, and season with onion, or parsley, or Worcestershire sauce. Serve it plain, or with sliced hard eggs, or oysters, or in a border of mashed potato, or hot rice, or fried oysters. Or put the fish, sauce and seasoning (and oysters if you like) in a baking dish, cover with buttered cracker crumbs, bake until the crumbs are brown.

Or chop the fish fine, mix it with as much mashed potato, moisten with cream or white sauce, sufficiently to hold together, season to taste, make into flat

cakes and fry in salt pork fat; or moisten with egg and thick white sauce, and shape into cylinders, roll in crumbs, egg and crumbs, and fry in hot deep fat.

Mackerel, blue fish, and other dark oily fish are best simply re-warmed quickly in the oven, or eaten cold with spiced vinegar.

Salmon, halibut, haddock, cusk, etc., may be flaked and served with lettuce, or cold potatoes, and a salad dressing.

### *Soup.*

Small portions of clear soup, or those having meat for a basis, will answer for warming over odds and ends of meat, or help to make gravy or brown sauce. Vegetable soups will sour quickly and should be scalded and used within 24 hours. White soups made from veal, chicken, and milk or cream, may be added to white sauce and served with any made over dishes of the above named meats.

### *Any Day Soup.*

The following formula will give one a general idea how to use remnants in making a soup:

Take the bones, trimmings, fat and gristle from roast meat, the flank ends of steaks or chops, and any remnants of any kind of meat not suitable to be served again, except the skin and stuffing of turkey or game. The skin will give a strong oily flavor and the stuffing will thicken it more than is desirable and can better be used in other ways. Cover the bones with cold water, then add any vegetable that will flavor the stock but will not thicken it, a few pepper corns and cloves and whole herbs. Simmer it until the bones are clean, strain it and when cool remove the fat.

Heat this stock again when ready to use, and put with it half as much cold mashed potato, onions, peas, beans, celery, tomatoes, cabbage, rice, or macaroni, that happen to be left over. Season to taste and serve with croûtons.

**Hood's Book of Home Made Candies,**

Gives careful, explicit and complete instructions for all confectionery, chocolate creams, French bon-bons, etc. Sent for 2c. stamp by C. I. Hood & Co., Lowell, Mass.

## Dyspepsia

**Excellent Stomach Tonics in Hood's Sarsaparilla.**

The combination of excellent stomach tonics in Hood's Sarsaparilla is such that, with proper attention to diet, the worst cases of dyspepsia may be cured by this medicine. We have found that for troubles of a dyspeptic nature, if Hood's Sarsaparilla is taken in a little

***Hot Water***

three times a day just before eating, the beneficial effect is marked and satisfactory. Mr. D. K. Tucker of the Tucker & Cook Manufacturing Company, Springfield, Mass., manufacturers of yarns, carpet warp and twines, has been taking Hood's Sarsaparilla in accordance with this suggestion, and reports as follows:

"Last April I began using Hood's Sarsaparilla with good results. My trouble was dyspepsia, which I had been suffering with for years. I carefully followed directions and found after taking one bottle that I was much better. I have now used in all about four bottles and consider myself nearly cured. I have recommended Hood's Sarsaparilla to many of my friends who have used it with the same satisfactory results. If people knew the benefit they would receive by using Hood's Sarsaparilla they could not afford to be without it." D. K. TUCKER, Springfield, Mass.

***"Like Mother Used to Make."***

This expression is sometimes heard when one finds a dish which in style or flavor, just suits the fancy. Mr. St. Amant of Portland, Oregon, found on taking Hood's Sarsaparilla that his food tasted so good it reminded him of boyhood days. Read his wife's letter:

"I can heartily recommend Hood's Sarsaparilla as the best blood purifier and tonic that I have ever used in my family. I use it myself and give it to my children, and it prevents all diseases that arise from impure blood. My husband was also troubled with dyspepsia, and he took two and one-half bottles and is entirely cured. He says now that the food

tastes 'like his mother use to cook.'" MRS. J. ST. AMANT, Washington Street, near 4th, Portland, Oregon.

### *Dyspepsia, Etc.*

"I have been troubled with dyspepsia and a complication of diseases and spent a good deal of money but failed to get relief. I was urged to try Hood's Sasaparilla and have taken two bottles. I can truthfully say I am a great deal better." JOHN H. STUDLEY, Helena, Montana.

## That Tired Feeling

### Was no Name For the Way Mr. Whitman Felt.

That Mr. Whitman, who makes the following statement, is a faithful, reliable man, will be readily believed when we state that he has worked at tool making in the jewelry factories in Attleboro without losing a day, save holidays and Sundays, for 25 years :

"I can truthfully say that Hood's Sarsaparilla is one of the best medicines that I know of, if not the best. A year ago I found I was about used up, felt no ambition to do anything. Could not eat with any relish. 'That tired feeling' was no name for the way I felt. I took a couple of bottles of Hood's Sarsaparilla, which revived my flagging energies in good shape. This spring I took two more bottles and have had no return of the feeling of a year ago. My wife has also taken some of it with benefit. We think it cannot be praised too highly." G. L. WHITMAN, Laroy St., Attleboro, Mass.

## Hood's Rainy Day Puzzle

Consists of a beautiful picture in brilliant colors, 10x15 inches in size, mounted on heavy pulp-board, and cut into 35 odd-shaped pieces, the puzzle being to put them together correctly. On the reverse side is "Hood's Balloon Puzzle," thus making two puzzles in one. They will be sent free only to persons who mail to us three trade-marks cut from the buff wrappers of Hood's Sarsaparilla. Write name and address plainly and send to C. I. Hood & Co., Lowell, Mass.

### *Meats.*

What to do with cold beefsteak, roast beef, or mutton is a problem often perplexing to the housekeeper.

When the entire roast will not be used the first day, it is well to cook it a little underdone, exposing only one side to the hottest part of the oven. Then if care be taken to carve it neatly and from one side only, and after dinner to put it away with the cut surface up, so the juices will not run out, the remainder may be re-cooked and will be nearly as good as on the first day. Then if any be left, cover it so it will not become dry, and when needed, cut slices from the tender parts as thin as possible, arrange them neatly and serve either plain, or garnished with parsley, cucumbers, chow-chow, sliced pickles, cresses, or salad dressing.

Or garnish the dish with Saratoga, Lyonnaise, French fried or Parisienne potatoes, or potato balls or croquettes.

To those who are fond of rare roast beef this is the best way of using the portions that are too small to roast again, but all depends upon their being cut thin and served in an attractive way. For when the beef is re-heated it is no longer possible to have it rare, except in cases where a made gravy is served with it; then by having the gravy boiling hot and turned directly upon the meat, and served immediately, it heats the meat sufficiently to make it palatable, and yet does not destroy the rareness.

When all the best of the meat has been cut into slices, break up the bones and cut off all the scraps of good meat, to use in other ways. A little of the tender crisp fat may be used with them, but all the hard, dry portions and the gristle, (and there is often considerable on the upper edge of the meat,) should be put with the bones into the stock kettle.

It is from the lack of care in just this respect that so many dishes of warmed over meat are unpalatable. Gristle and grease, skin and scraps, bits of bone and burned edges, are put together with no thought of anything but to get the joint out of the way in the easiest manner. No wonder people soon tire of them.

Half a dozen rules for utilizing cold meat, if followed in these essential par-

*Meats, continued.*

ticulars, will be more satisfactory than to try a new way for every week in the year, and neglect any one of these important preliminary steps.

Such small scraps or portions as are very tender, and taken from the tenderloin or best part of the roast, may be cut very small and warmed quickly in this way: Put a little butter and hot water and any platter gravy there may be left, in a small stew pan over the fire. Season the meat slightly with salt and pepper, and when everything else is ready and on the table, and the water and butter boiling hot, turn in the meat, stir it about for a minute, or until it has absorbed the liquor (there should be barely enough to moisten it), and serve immediately, in a hot dish or on hot toast if you prefer. Now this will not be palatable unless care be taken not to use the tough poor meat, and not to cook it long. Meat that was not nice and tender when first cooked will not be improved by this sort of warming over, but may be made better than at first by the following suggestions:

All portions that are hard, overdone or tough, and all bits of the flank of beefsteak, should be cut into dice or less than an inch pieces, and stewed in water or stock enough to cover, for an hour or until very tender. In some cases you may use such portions of the gristle as will dissolve or soften in the stewing; also a little of the fat, but do not use the fat or skin of roast turkey, duck, or oily game. This stewing is one great secret of success in these dishes, for in all warming over of meat, it must be either cooked very slightly, or long enough to completely soften the fibre and gelatine.

Take for instance, so simple a dish as a beef pie made with mashed potato crust. The rules as usually given, direct one to cut the cold roast beef, or some of the cheaper pieces of fresh beef, into thin slices; add tomatoes, onion and other seasoning, gravy or water; cover with mashed potatoes and bake about twenty minutes, or until the crust is brown. The result is, the meat is tougher than when it went into the pie, and the family verdict is "no more beef pies." But by stewing (which means a gentle

## Miss Etta Hilbert

**Brought from Weakness into Healthy Girlhood by Hood's Sarsaparilla.**

"Ten years ago our child was born. Having lost six children we were naturally anxious as to the health of this one. What was our dismay and sorrow to find that she was apparently doomed to the same fate as the others. She seemed to have little strength as a baby, and did not improve as she grew older. When about 2 1-2 years old she began to have

*Fainting Fits,*

dropping wherever she happened to be. At these times she would turn black and appear at the point of death. Doctors said she was in a very bad way from heart trouble. Nothing did any good until, in utter desperation, we began giving her Hood's Sarsaparilla. She gradually improved, the fainting fits became less frequent, and finally ceased entirely. Her general health improved, until in a year, having taken seven bottles, we stopped giving it to her. At this time she was 4 years old, and we ceased to worry, she seemed so well. She is now 10 years old and is as healthy and rugged a child as you will find anywhere and has never shown any indication of a return of the heart difficulty." EDWARD HILBERT, hair dresser, 183 Broadway, Lawrence, Mass.

# Weak Nerves

**Friends Were Astonished at Mrs. Horne's Improvement.**

"I was badly run down, had no appetite, lost flesh rapidly and seemed going into a decline. Everything irritated me, my nerves were so weak. My doctor said I had a humor in the stomach, complicated with enlargement of the liver. Friends advised me to try Hood's Sarsaparilla. I had not taken it a week before I began to feel better, and kept on till I had taken a dozen bottles. It seems wonderful as I look back at the result of taking Hood's Sarsaparilla. It did me

***More Good Than $100 Worth***

of other medicines. It was amusing to watch friends who had not seen me for a year and note their astonishment at how I had improved, and their surprise when I told them it was all due to Hood's Sarsaparilla. Our family doctor was one of the most surprised ones when I told him. My friends all said they never expected to see me alive but a short time. I have taken none of the medicine for four years, having completely recovered, until recently, when I took it again and gained 10 pounds in weight." MRS. AUG. HORNE, Wolfeborough, N. H.

***What Druggist King Says.***

"I have known Mrs. Horne for the past ten years and can vouch for the accuracy of her statements in regard to the benefits she has received from the use of Hood's Sarsaparilla. It has for many years been a leading article of sale with me." R. H. KING, Druggist, Wolfeborough, N. H.

***A Stitch in Time***

Saves nine, says the old proverb, and this is most solemnly true in regard to health. That tired feeling, pain in the back, slight evidence of impure blood, while at present trifling, is really of great importance. It will cost you but little to take Hood's Sarsaparilla, the great blood purifier, and it may do you, as one lady says, "worlds of good." Do not put off taking medicine when you do not feel well, but take Hood's Sarsaparilla now.


***Meats, continued.***

simmering, not brisk boiling,) the meat first, it is made tender and delicious. What virtue has gone out of the meat is in the water, which should always be saved, and used to moisten the new compound. Then by a judicious use of seasoning materials, adapted to the various kinds of meat, many appetizing dishes may be prepared. This stewing may be done on the top of the stove or in a covered pan in the oven, the flavor of the two processes being quite different, though the principle is the same.

If space would permit we might combine these different kinds of meat and seasoning materials in an endless variety of ways, and give them some odd or meaningless names, and delude our readers into thinking they had a great variety of entirely new dishes. But a few well tried formulas will be sufficient. Be sure to get Hood's Sarsaparilla.

***Meat Stew.***

Use any kind of cold cooked meat, freed from skin, fat, bone, or any uneatable part. Cover with boiling water, add one or two onions, or stalks of celery, or slices of turnip and carrot. Simmer till the meat is nearly tender. Then add as much raw potato cut small as you had of the meat, and cook twenty minutes longer. Thicken the liquor with flour wet in cold water, one tablespoonful to a cup of the meat liquid, add salt and pepper to taste, and serve with or without dumplings. Make these like baking powder biscuit without shortening, cook on top of the stew, closely covered, just 10 minutes.

If you wish the liquid dark, brown the flour first in butter, before thickening the stew; add mushrooms, lemon juice, or currant jelly to vary the seasoning. This stew may be cooked in the oven if preferred. Take Hood's Sarsaparilla.

***Meat Pie.***

Stew any kind of cooked meat until tender, thicken and season the liquor to taste, add onions, tomatoes, mushrooms, or any flavor preferred. Put into a deep baking dish and cover with mashed potato or with a biscuit crust. Make an incision for the steam to escape, and bake until the crust is done.

### *Scalloped Meat.*

Put in a baking dish, layers of *cold* cooked meat, sliced or diced (and stewed first unless very tender), moistened with gravy or sauce, and alternating with cold rice, macaroni, oysters or the stuffing of the meat. Cover with buttered cracker crumbs and bake about twenty minutes.

Here are some suitable combinations:

Cold veal, stuffing, rice, tomato sauce.
Lamb, diced raw potato, turnip and tomato sauce.
Mutton, macaroni, oysters, white or tomato sauce.
Beef, onions, potatoes, celery, brown sauce.
Chicken, rice, oysters, or celery, and white sauce.
Turkey, stuffing and giblet gravy.
Duck, minced olives, quartered apples, macaroni and brown gravy, or currant jelly.
Grouse, onions, potatoes and bread sauce.
Boiled ham, mustard, sliced hard eggs, rice and white sauce.
Broiled liver, bacon, oysters, lemon juice and brown or tomato sauce.
Beef, mushrooms, parsley, lemon juice and brown gravy.
Mutton, rice, onions and curry, or tomato sauce.
Duck, peas toasted bread points, and white sauce.
Veal, ham, horseradish and brown gravy.
Beef, sausages, potatoes and brown gravy.
Calf's liver, onions macaroni, apple sauce.
Fish, stuffing, and egg or Hollandaise sauce.
Fish, diced potatoes, parsley or pickles, and tomato or Worcestershire sauce.

### *Croquettes.*

One cup of any kind of tender cooked meat, or fish, chopped very fine. If you wish the meat to go farther, add an equal amount of mashed potato, or rice with beef, mutton, or fish, soft bread crumbs or rice with chicken or veal. One or two slices of egg or milk toast that may be left over, will take the place of bread crumbs, or you may use any cold meat or fish stuffing. Then you need something to hold the meat together, such as very thick white sauce for light meats and fish, or a brown gravy for beef and dark meat. The yolks of hard boiled eggs will make the mixture richer, and a raw egg beaten will help to unite the materials. Season to taste, using salt, pepper, celery salt, lemon juice, parsley, onion juice, mustard, or sweet herbs, but do not over-do the matter, for they are much nicer when the natural flavor of the meat is not wholly disguised.

The mixture should be made quite moist with the thick sauce, because when cold it will thicken considerably, and after frying become soft again. It should be as soft as possible and allow you to


# Rheumatism

**Is a Disease of the Blood—Hood's Sarsaparilla Cures It.**

Hood's Sarsaparilla has three potent and peculiar powers by which it cures rheumatism. First, it purifies the blood, thus expelling the poison which has been absorbed, and neutralizing the uric acid; second, it tones and regulates the digestive organs; and third, it invigorates the kidneys and liver to regular action, removing waste which has choked up and interfered with the circulation and digestion. This harmonious triple effect has cured severe cases of rheumatism when all other means had failed.

***From a War Veteran.***

"I enlisted in the late war in the 12th N. H. Volunteers. While serving at the front in the army of the Potomac I contracted rheumatism in its worst form, and after being a long time in the hospital I was given my discharge papers and sent home as incurable. What I have suffered since words cannot express. Having tried almost everything, during the past three years I have taken Hood's Sarsaparilla and have found it to give me greater relief than anything I have taken. It keeps the bowels regular, prevents the swelling in my limbs and improves my general health. It is certainly an excellent medicine." DEA. D. E. EVERETT, Concord, N. H.

***Brief, but Important.***

In the following few lines, Mr. G. S. Freeman, proprietor of the Ball House, Fremont, Ohio, says a great deal:

"I took five and one-half bottles of Hood's Sarsaparilla, and it cured my rheumatism of 25 years standing." G. S. Freeman, Fremont, Ohio.

***Mr. J. R. Goodenough***

The wholesale broom manufacturer of Washington, Kansas, says:

"This is to certify that I have used Hood's Sarsaparilla for liver complaint and rheumatism and that it did me good. I recommend Hood's Sarsaparilla to all similarly afflicted." J. R. GOODENOUGH.

**Hood's Cook Books,** Nos. 1, 2, 3, and High Street,—the four combined sent for 6 cents, or any one for 2 cents in stamps by C. I. Hood & Co., Lowell, Mass.

shape it like small balls, cylinders, cones, diamonds, triangles, or cutlets.

Then cover all over with fine dried bread crumbs, dip into beaten egg, and roll in the crumbs again. Fry in smoking hot deep fat, and drain on paper.

### *Minced Meat.*

Any kind of tender cooked meat may be minced medium fine, mixed with potato, moistened, and seasoned to taste, and browned in the frying pan, then folded like an omelet; or it may be made into flat cakes and browned on each side. You may call it hash or any other name; if carefully made it will be good.

The meat alone may be moistened and seasoned, heated quickly and served on toast with dropped eggs or bacon.

Or it may be chopped very fine, seasoned, and moistened with melted butter, if there be not fat enough with the meat, and made into sandwiches.

Or it may be pounded to a paste, moistened with butter, seasoned highly, and potted or packed tightly in small jelly jars, and served for luncheon, or picnics.

### *Devilled Meat.*

Those who crave hotly seasoned food enjoy this method of rewarming meat. Turkey and chicken legs and wings, are gashed in several places, spread with a mixture of mustard, pepper cayenne, Worcestershire, or some other pungent sauce, and quickly broiled over the coals.

Sliced meat may be devilled in this way. Melt two tablespoonfuls butter in a frying pan, add one tablespoonful tomato catsup and two tablespoonfuls hot water. Lay in several slices of cold meat, freed from skin, fat and gristle, and cook slowly about ten minutes. Drain from the gravy and arrange on a hot platter. Season the gravy with one teaspoonful Worcestershire sauce, one teaspoonful lemon juice, half a teaspoonful salt and prepared mustard. Let it boil up once, then turn it over the meat.

### *Pilau, a Turkish Dish.*

Stew one cup of cold lamb, veal, mutton or chicken, with one teaspoonful minced onion, in one cup of water till very tender. Skim out the meat and add to the water enough strained tomato to make one pint, or use more water if you have not enough of the tomato. Season highly with salt, pepper, and, if you like it, add a little curry or chutney sauce or catchup.


## Hood's Pills

**Cure Liver Ills.**

To meet numerous inquiries for a good family cathartic we have prepared, after careful investigation and experiment, Hood's Pills, which we confidently recommend for all difficulties of the liver and digestive organs. They will cure liver complaint, jaundice, biliousness, sour stomach, indigestion, nausea, headache, heartburn, dizziness, malaria, etc. They are especially valuable as a dinner pill, to promote digestion. Possessing a healthful tonic and stimulating effect, Hood's Pills are also excellent for constipation, restoring the peristaltic action of the alimentary canal, loss of which is the cause of this distressing complaint.

## Special Offer

**Our New and Beautiful Plaque**

Entitled "The Lion at Home," will be sent to any address for one trade-mark cut from the wrapper of Hood's Pills, and a 2c. stamp. This Plaque is really a work of art, suitable to decorate any home. It is after the celebrated painting by Rosa Bonheur, the great French artist, is in 14 colors, and perfect in every respect. Send trade mark and stamp to C. I. Hood & Co., Lowell, Mass.

***Saved Me a Headache Today.***

The following is from one of the most successful barbers in the Spindle City, and the proprietor of "Izeene" for chapped hands and face:

"When I left my shop late Saturday night, after a busy day's work, my head felt badly and I thought I was in for a headache next day. But I happened to think that Hood's Pills had helped me out before, so I took two when I went to bed. The result was a lively stirring up of my liver and bowels, and a clear head to-day. Hood's Pills seem to hit my case just right, and as they do not gripe they leave my bowels in excellent condition. Saving me this headache to-day is worth many times the cost of the Pills." C. W. SHERWOOD, Central Block, Lowell, Mass.

When boiling add half a cup of washed rice, and cook rapidly until the liquor is nearly absorbed, then cook over hot water until the rice is tender. Five minutes before serving add one large tablespoonful butter or two of cream, and the pieces of meat. When hot serve on a platter garnished with triangles of toast.

### *Tripe and Liver.*

For one pint of remnants of broiled or fried tripe or liver, cut in small pieces, allow one small onion. Slice it and fry it in one tablespoonful of butter until yellow. Sprinkle with salt and pepper, add one cup of strained tomato and cook until the tomato is nearly all absorbed. Add one teaspoonful chopped parsley and serve very hot.

### *Sandwiches.*

These useful articles of food are often left over from picnics and other special occasions. Usually they are not very inviting the next day, but may be made so.

Warm them slightly in the oven and to three ordinary sandwiches made from chicken, veal or tongue, make a white sauce, with one tablespoonful of butter, one tablespoonful of flour, one saltspoonful of salt, half a saltspoonful of pepper and one cup of milk cooked until thick. Then add the yolk of one egg well beaten. Pour this over the sandwiches, serve at once. Take Hood's Sarsaparilla.

### *Save-All Mince Pie.*

1 cup cooked meat; 2 cups chopped apple; 1-2 cup Sultana raisins; 1 cup jelly, marmalade, or preserves; 1 lemon; 1 cup brown sugar; 1 teaspoonful salt; 1-2 teaspoonful cinnamon; 1-2 teaspoonful allspice; 1-2 nutmeg.

The meat used may be any portions of cooked steak, roast or boiled beef, veal, or tongue, corned beef, lean mutton, or venison. The fruit may be apples, raw or stewed, and portions of any kind of canned fruit, or a variety of jellies, jams, preserves, etc., too small to be put on the table again as such. Mix all thoroughly, add more salt, sugar, and spice if needed.

### *Cake.*

Left over pieces of plain cake or cookies may be heated carefully in a steamer, and served with sweet pudding sauce, like the well known "Cottage Pudding."

Or they may be steamed and then put into a dish for serving, covered with a boiled custard, and a meringue and served cold.

Or they may be covered with hot stewed berries or other fruit, sufficient to moisten, and served with cream.

Or they may be used in place of bread crumbs in scalloped apple, bread pudding, fruit charlotte, or cabinet pudding.

Stale sponge cake may be used as above, or to line a mould, or to serve as a foundation for whipped cream.

## INDEX TO "LEFT OVERS," CURES, ETC.


After La Grippe..... 9
A Walking Ghost..... 8
Any Day Soup..... 10
Bread..... 3
Bread stale..... 4, 5
Bread steamed..... 5
Bread Crumbs..... 4
Brown Sauce..... 2
Brewis..... 5
Catarrh..... 7
Cake..... 16
Croquettes..... 14
Cold Boiled Potatoes... 9
Devilled Meat..... 15
Dried Bread Crumbs... 4
Dyspepsia..... 6, 10, 11
Eggs..... 7
Fainting Fits..... 12
Fish..... 9
Fruit Tapioca Pudding 6
Hominy Griddle Cakes. 6
Hood's Pills..... 15
Hood's Cook Books.... 14
In Despair..... 4
Introduction..... 1
Lion at Home..... 15
Liver Troubles..... 6
Macaroni..... 7
Meats..... 11, 12, 13
Meat, minced..... 15
Meat Pie..... 13
Meat scalloped..... 14
Meat Stew..... 13
Milk..... 7
Mince Pie..... 16
Nervous Dyspepsia.... 8
Our Claims..... 2
Pilau..... 15
Potatoes, Cold Boiled.. 9
Rainy Day Puzzle..... 11
Rheumatism..... 14
Rice, Hominy, Oatmeal 6
Rice Griddle Cakes..... 6
Salt Rheum..... 5
Sandwiches..... 16
Sauces, Brown..... 2
White..... 2
For Toast, Eggs, Etc. 2
Save-all Mince Pie..... 16
Scalloped Meat..... 14
Scrofula Humor..... 3
Soup..... 10
Stale Bread..... 5
Steamed Bread..... 5
Tapioca Pudding..... 6
Tomato Sauce..... 3
Toast..... 5
That Tired Feeling.... 11
Tripe and Liver..... 16
Vegetables..... 8
Varicose Veins..... 4
Weak Nerves..... 13
White Sauce..... 2


**Copies of this Book** May be obtained by sending 2-cent stamp to C. I. HOOD & CO., Publishers, Lowell, Mass.

Wellcome Library

Wellcome Library

*Mr. J. B. Hamlen,*
of Augusta, Me.

## A Fine Old Gentleman

*READER,*

**Do you think,** if you should live to be 91 years of age, that you would look as well as the old gentleman in the above picture? It is from a recent photograph of Mr. Hamlen, whose statement appears below.

**We wish you could see** Mr. Hamlen's handwriting, in the two letters we have received from him. It is as plain and perfect and as easy to read, as any schoolboy's.

**As a Tonic** for the aged, Hood's Sarsaparilla has peculiar merits. It does not give the temporary and fictitious strength of a stimulant, but seems to oil up the whole machinery of the body, to give a natural tone and strength to every part, so that declining years are made

### *Comfortable and Happy*

"I do not remember when I began to take Hood's Sarsaparilla; it was a number of years ago, and I have found it does me a great deal of good in my declining years.

### *I am 91 Years*

2 months and 26 days old, and my health is perfectly good. I have no aches or pains about me. Hood's Sarsaparilla regulates my bowels, stimulates my appetite and helps me to sleep well. I doubt if a preparation ever was made so well suited to the wants of old people." J. B. HAMLEN, Elm Street, Augusta, Me.

## NEURALGIA.

### Given Strength and Appetite.

Mr. Lyons, who writes the following, is a retired paper manufacturer now in his 82nd year:

"I have been a great sufferer for several years with neuralgia, enduring at times intense pain in my face and limbs. In addition to this I have been afflicted with chronic diarrhœa. Four years ago I began taking Hood's Sarsaparilla and have continued it most of the time since. I consider that I cannot live without it. It relieves the pain, checks the diarrhœa and gives me strength and a good appetite. I have tried other medicines without benefit, so I now refuse to take anything but Hood's Sarsaparilla, being satisfied to let well enough alone. Several members of my family have also taken it with excellent results. We cannot speak too highly of Hood's Sarsaparilla. It meets my own case exactly." R. E. LYONS, Skowhegan, Me.

### *General Lassitude.*

"I am glad to say that I have several times used Hood's Sarsaparilla for dyspepsia, indigestion and general lassitude, with excellent results. It works like a charm." R. B. CAPEN, Principal Dirigo Business College, Augusta, Me.

### *Tired, Run Down.*

"I have taken Hood's Sarsaparilla every spring for the past three years, whenever I feel tired or run down. It always makes me feel a great deal better. I invariably decline all suggestions to take some other sarsaparilla that is 'just as good.'" MRS. M. COOPER, Saco, Me.

# HOOD'S

## Taken in Time

WILL CURE

Scrofula,
Salt Rheum,
Blood Poisoning,
Loss of Appetite,
All Humors,
Boils, Etc.,
Rheumatism,
Dyspepsia,
Kidney and Liver Disorders,
Indigestion,
That Tired Feeling,
Sick Headache,
Catarrh,
Malaria.

**La Grippe** can generally be prevented if the system is kept in good condition by taking Hood's Sarsaparilla, and for the terrible prostration which follows this complaint Hood's Sarsaparilla is an unequaled tonic and strength restorer

PREPARED ONLY BY

C. I. HOOD & CO., Lowell, Mass.